
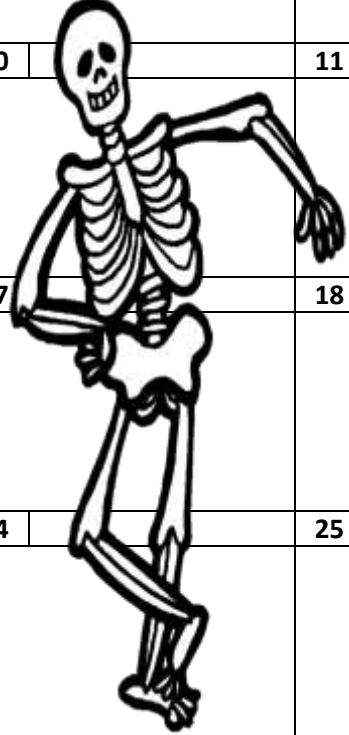
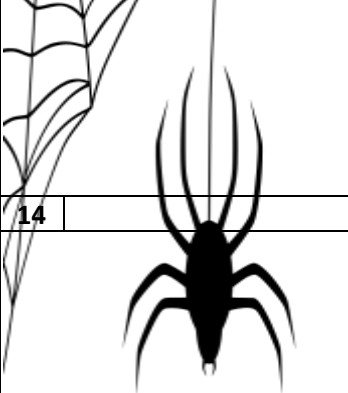
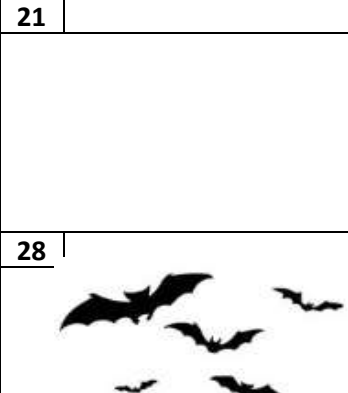
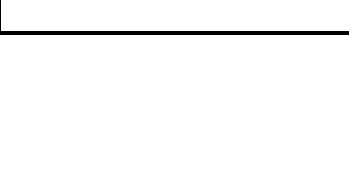


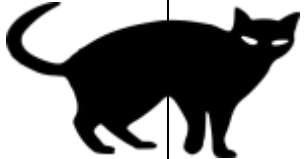





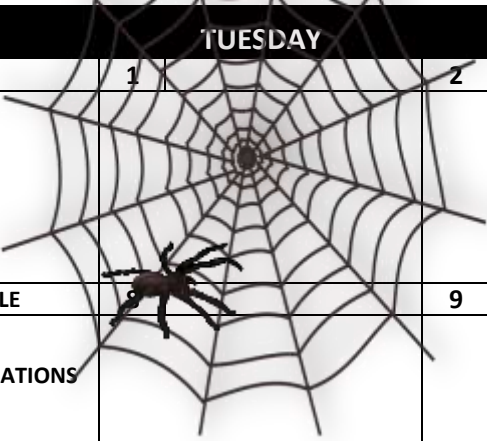



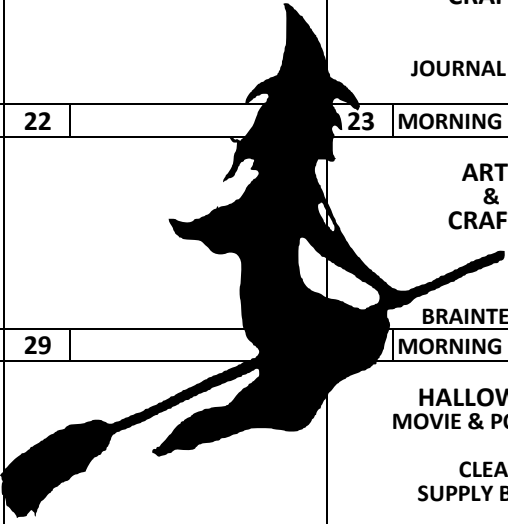
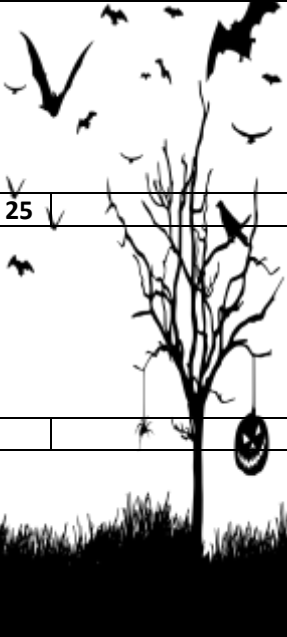

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1	COFFEE & CHAT	2	COFFEE & CHAT	3		4	COFFEE & CHAT
		ARTS & CRAFT BRAINTEASER TUESDAY BOOK CLUB OCTOBER RECIPE		EXERCISE W/MARK WII BOWLING COLOR ME HAPPY GROCERY TRIP				TRIP OUT TO AGENCY LUNCH?	
		7	COFFEE & CHAT	8	COFFEE & CHAT			9	COFFEE & CHAT
		ARTS & CRAFT HALLOWEEN SCATTERGORIES BRAINTEASER TUESDAY BOOK CLUB NUTRITION		EXERCISE W/MARK WII BOWLING SENIOR ROCKING PROJECT GROCERY TRIP		MATTER OF BALANCE AT SPOTSY CAFÉ SESSION 1			
		14	COFFEE & CHAT	15	COFFEE & CHAT	16	COFFEE & CHAT	17	
		ARTS & CRAFT HALLOWEEN THIS OR THAT? BRAINTEASER TUESDAY BOOK CLUB CONNECT 8 WORD GAME		EXERCISE W/MARK WII BOWLING JOURNAL TOPIC GROCERY TRIP		MATTER OF BALANCE AT SPOTSY CAFÉ SESSION 2			
		21	COFFEE & CHAT	22	COFFEE & CHAT	23	COFFEE & CHAT	24	
		SIP & PAINT PUMPKINS HALLOWEEN WORD SCRAMBLE NUTRITION		EXERCISE W/MARK WII BOWLING CROSSWORD PUZZLE GROCERY TRIP		MATTER OF BALANCE AT SPOTSY CAFÉ SESSION 3			
		28	COFFEE & CHAT	29	COFFEE & CHAT	30	COFFEE & CHAT	31	
		WEAR A COSTUME HALLOWEEN PIZZA PARTY MOVIE & POPCORN 		EXERCISE W/MARK WII BOWLING COLOR ME HAPPY GROCERY TRIP					

If County Schools are closed due to inclement weather, then the café is closed.

Fredericksburg Baptist Church (3rd Floor)
 1019 Princess Anne St., Fredericksburg, VA
 22401
 (540) 220-1035 10AM to 2PM

FREDERICKSBURG CAFE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2	MORNING MINGLE	3	MORNING MINGLE	4	
				SIP & PAINT (PUMPKINS) JOURNAL TOPIC		HALLOWEEN THIS OR THAT? OCTOBER RECIPE BINGO GROCERY SHOPPING			
7	MORNING MINGLE			9	MORNING MINGLE	10	MORNING MINGLE	11	
	TRIP OUT TO AGENCY FOR DONATIONS LUNCH?				ARTS & CRAFTS BRAINTEASER		HALLOWEEN SCATTERGORIES & SCAVENGER HUNT WII BOWLING GROCERY SHOPPING		
14		15		16	MORNING MINGLE	17		18	
	CLOSED IN OBSERVATION OF COLUMBUS DAY 				ARTS & CRAFTS JOURNAL TOPIC		TRIP OUT TO ROSIE'S GAMING EMPORIUM		
21	MORNING MINGLE	22		23	MORNING MINGLE	24	MORNING MINGLE	25	
	CHAIR EXERCISES BOOK CLUB HALLOWEEN WORD SCRAMBLE CAFÉ DJ				ARTS & CRAFTS BRAINTEASER		HALLOWEEN CONNECT 8 WORD GAME BINGO GROCERY SHOPPING		
28	MORNING MINGLE	29			MORNING MINGLE	31	MORNING MINGLE		
	WALK W/ MUSIC BOOK CLUB SENIOR ROCKING PROJECT NUTRITION				HALLOWEEN MOVIE & POPCRON CLEAN SUPPLY BOXES		HALLOWEEN PIZZA PARTY WEAR A COSTUME  GROCERY SHOPPING		

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King George Citizen Center
 8076 Kings Highway, King George, VA 22485
 (540) 273-8210 10AM to 2PM



KING GEORGE CAFE









OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3		4	
		MORNING MESSAGES NEW CALENDER/BUSINESS WHAT CHA WANNA DO? LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				TRIP OUT SPOTSYLVANIA MALL BRA EXHIBIT LUNCH HEALTHY GEN. OFFICE	
7		8		9				11	
FIRE PREVENTION WEEK 		MORNING MESSAGES HAPPY BIRTHDAY JOHN LUNCH WRAP IT UP GROCERY TRIP		WELLNESS WEDNESDAY TRIP OUT Self-Care Series: Hands & Nails LUNCH				MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP	
14		15		16				18	
NATIONAL BOOK MONTH 		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP				MORNING MESSAGES MOVIE TIME LUNCH WRAP IT UP	
21		22		23				25	
NATIONAL APPLE DAY 		MORNING MESSAGES HAPPY BIRTHDAY MARY ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP		TRIP OUT TO BE DETERMINED			
28		29		30		31			
		MORNING MESSAGES ARTS & CRAFTS LUNCH WRAP IT UP		WELLNESS WEDNESDAY ARTS & CRAFTS LUNCH WRAP IT UP GROCERY TRIP		HALLOWEEN 			

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Marshall Center, Main Lounge
 8800 Courthouse Rd, Spotsylvania, VA
 22553
 (540) 809-9056 10AM to 2PM

SPOTSYLVANIA CAFE OCTOBER 2024

MONDAY		THURSDAY		FRIDAY	
		3	MIX & MINGLE MORNING EXERCISE  GROCERY SHOPPING	4	MIX & MINGLE MORNING EXERCISE CAFE BOOK CLUB HALLOWEEN WORD SCRABBLE
7	TRIP OUT TO  MAIN OFFICE LUNCH AT THE MALL AND VIEW THE BRA DISPLAY	10	MIX & MINGLE LIFT EXERCISES W/ APRIL FIRE DRILL CRAFT DAY CANVAS PAINTING COLOR ME HAPPY GROCERY SHOPPING	11	MIX & MINGLE MORNING EXERCISE MATTER OF BALANCE TRAINING SESSION #1
14	CLOSED 	17	LIFT EXERCISES W/ APRIL CRAFT DAY 3D PUMPKIN GROCERY SHOPPING	18	MIX & MINGLE MORNING EXERCISE MATTER OF BALANCE TRAINING SESSION #2
21	MIX & MINGLE LIFT EXERCISES W/ APRIL GAME DAY SHUFFLEBOARD, DOMINOS KING I THE CORNER, SKIP BOO CHECKERS, UNO WII BOWLING	24	MIX & MINGLE LIFT EXERCISES W/ APRIL  MONTHLY JOURNALING GROCERY SHOPPING	25	MIX & MINGLE MORNING EXERCISE MATTER OF BALANCE TRAINING SESSION #3
28	MIX & MINGLE LIFT EXERCISES W/ APRIL MEDICINE CABINET MONDA REST, RELAX AND RECHARG AND WALKING KARAOKE LET'S SING	31	MIX & MINGLE LIFT EXERCISES W/ APRIL HALLOWEEN PIZZA PARTY W/ SNACK BAGS CONTINUOUS SCRAPBOOKING GROCERY SHOPPING	OCTOBER BIRTHDAYS ELLEN MICKLES 10/15 	


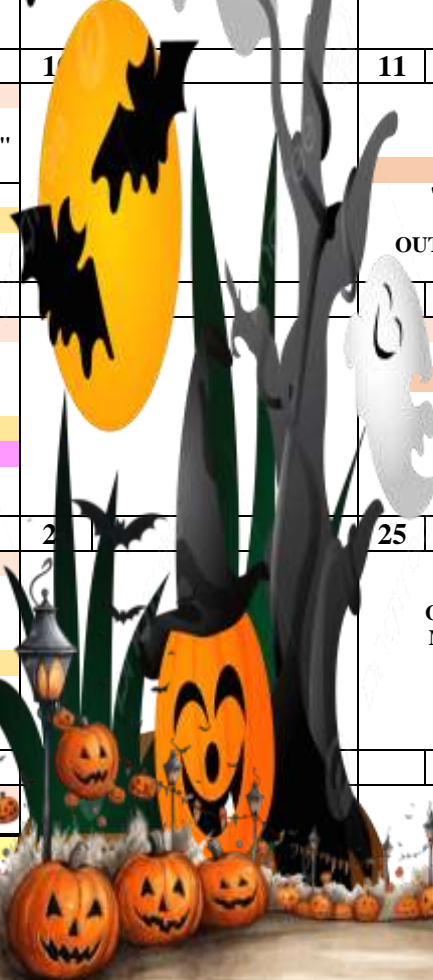
If County Schools are closed due to inclement weather, then the café is closed.

Rowser Building
 1739 Richmond Highway, Stafford, VA
 22554
 (540) 220-0587 10AM to 2PM



STAFFORD CAFE

OCTOBER 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		1		2		3			
				BINGOCIZE (6)				TAI CHI	
				CAFE CHAT TIME				WALK WITH EASE	
				CAFE BOOK CLUB				CAFÉ CHAT TIME	
				GROCERIES SHOPPING				CAFÉ CRAFT DAY " 3D PUMPKIN"	
7		8		9		10		11	
TRIP OUT				BINGOCIZE (7)				BINGOCIZE (8)	
TO OFFICE				CAFE CHAT TIME				SIP AND PAINT " FALL THEME"	
LUNCH: ASIAN CAFÉ RESTAURANT				"CONTINUE SCRAPBOOKING" "SPOOKY PAGES"				OUT REACH ACTIVITY	
				CAFE BOOK CLUB					
		15		16		17		18	
				BINGOCIZE (9)				BINGOCIZE (10)	
				CAFE CHAT TIME				CAFE GROUPS	
				CAFE BOOK CLUB				DRAWING	
				GROCERIES SHOPPING				TECH	
21		22		23		24		25	
BINGOCIZE (11)				BINGOCIZE (12)				TRIP OUT	
CAFÉ CRAFT DAY " 3D PUMPKIN"				CAFE CHAT TIME				GARRISONVILLE MARKET PLACE	
"CONTINUE JOURNALING"				CAFE BOOK CLUB				LUNCH CHILLIS	
				GROCERIES SHOPPING					
28		29		30		31			
BINGOCIZE (13)				BINGOCIZE (14)					
CAFÉ CRAFT DAY " CANVAS PAINTING" "COLOR ME HAPPY"				CAFE CHAT TIME				CAFÉ FALL FEST	
				GAMES AND CRAFTS				"TRUNK A TREAT"	
				GROCERIES SHOPPING					

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